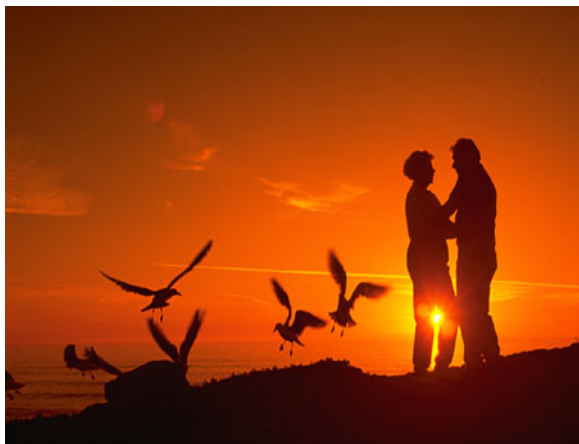


About Strong Bonds

Strong Bonds formerly known as Prep® utilizes the Prep® marriage education research-based program and curriculum.

Military duties can be tough on families. You are apart from one another all too often. You move from place to place. The demands that come with defending and protecting our Nation means sacrifice for every Service member, spouse and child. It's no wonder some marriages may find themselves at the point of marital distress and possibly considering divorce. But it doesn't have to be that way. You can learn how to work on your marriage with the Army Strong Bonds Program.

Strong Bonds offers a fresh approach. It is basic and straightforward and focuses on communication skills. The workshop and material teach couples the skills they need to nurture a lasting love. Couples spend most of their time in special discussions or practicing communication skills with each other. Key topics include communication, expectations, problem solving, commitment, forgiveness, friendship and sensuality.



Strong Bonds is **NOT** therapy. There are **NO** "encounter" groups or sharing of personal concerns. It is a **no-pressure** approach.

Questions many couples have about the Marriage Enrichment Workshop

We're doing pretty well. Why should we consider attending a Marriage Enrichment Workshop?

All of us can improve our skills when it comes to loving the most important person in our life. Every couple starts off their relationship committed to make it work. **Strong Bonds** provides concrete strategies and communication tools to help.

Strong Bonds begins with teaching effective communication skills, addresses problem solving strategies that work, reveals how to discover the hidden issues in every relationship, and then moves into caring, fun, and friendship.

Will we be expected to tell a bunch of strangers what our problems are?

No. Strong Bonds is **not** group therapy. It is an opportunity to learn communication and other skills that work in marriage (and what makes marriage work). It's not necessary to share short-falls with the group. **Your confidentiality is important and will be protected.** Workbooks and time are provided to allow couples (individually and together) to explore their expectations, issues and beliefs that can greatly affect their marriage.

Is this a religious program?

No. No particular denominational teachings are included in the Strong Bonds workshop.

What does the workshop cost?

All costs will be covered or reimbursed. People ordinarily pay \$150 for the workshop and materials in addition to their meals and lodging making the total cost of the workshop around \$300. However, thanks to special funding this workshop is provided at no cost.

Register Now! **To ensure your spot!**

♥ Complete the registration form on the reverse side of this panel and mail it to the indicated address.

OR

♥ Complete the registration online and Email to the Family Readiness Office at familyprogram@sd.ngb.army.mil

OR

Complete the registration and fax it to the Family Readiness Office at 605-737-6088

For questions or further details

♥ Call the Family Readiness Office at 1-800-658-3930 / 605-381-5761



The workshop begins Friday evening at 6:30 PM and concludes at noon on Sunday. Couples are provided materials to utilize throughout the workshop and take home for future reference.

Military members may request attending in a split-training (pay) status. However, this decision belongs to the unit commander. Such requests are the military member's responsibility.

Spouses will be on Family Readiness Invitational Travel Authorizations for the workshop which covers reimbursement for lodging, mileage and food cost. Day care will not be provided but you can be reimbursed your cost during the workshop per Family Readiness guidelines. Guidelines allow for payment of \$2 per hour, per child for the time spent in the classroom. Light snacks are provided during the workshop, however meals will be at your own expense. Reimbursement forms will be completed during the workshop.

Couple's Names _____ **Name of military member?** _____

Non Military Spouse's SSN #s _____ (required for Family Readiness travel orders) (If you both are military members which one will be on Family Readiness Travel Orders?) _____

Phone (include Area Code) _____ **e-mail** _____ **Mailing Address** _____ **Military Unit** _____

Round-Trip mileage from home to workshop location _____ *Reservation Deadline: One week prior to workshop*

date and location of your choice _____ *(Note: Room Reservation Deadlines are a month earlier.)*

August 17-19, 2007 - Sioux Falls, SD

If child care reimbursement will be required during the workshop, how many children will you request reimbursement for? ____ (for cost projections)

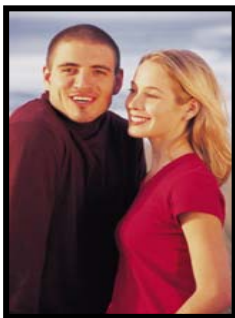
October 19-21, 2007 – Rapid City, SD

A follow up letter confirming your registration and lodging information will be mailed to you upon receipt of this registration.

March, 14-16, 2008 - Huron, SD

August 15-17, 2008 - Sioux Falls, SD

Questions or additional information - Call or email the SD Family Readiness Office at 1-800-658-3930 / 605-381-5761 or familyprogram@sd.ngb.army.mil



Learn the secrets of keeping busy lifestyles from crowding out the fun in your relationship.

Strong Bonds increases family readiness by cultivating family wellness. Plus, becoming more effective at open communications and knowing how to keep discussions from escalating into arguments benefits other relationships as well.

Comments from South Dakota National Guard couples who have attended a Marriage workshop.

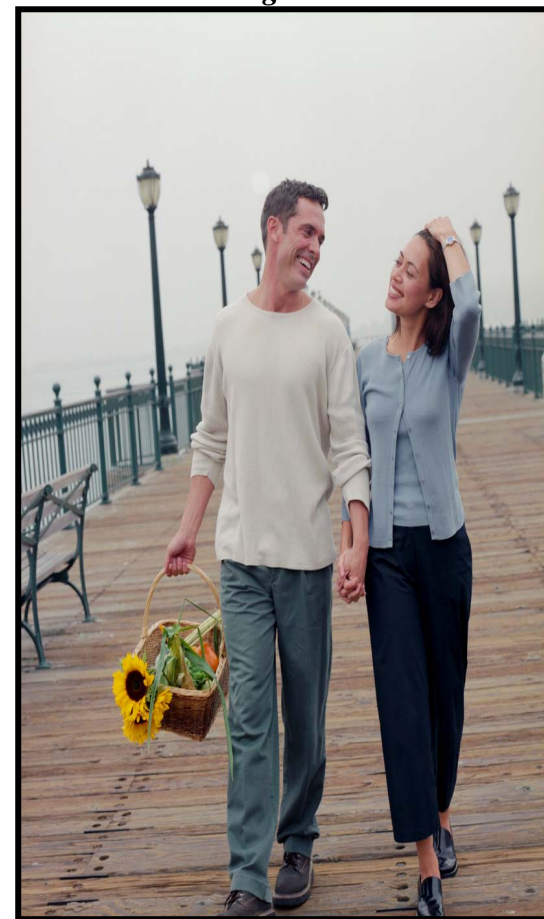
“I wish we had had this information and skills ten years ago.” “I am going to use these communication techniques on my kids.” “What we are learning here are not just marriage skills, but life skills.” “I would like to see a refresher course offered in a couple of years, I would definitely attend.” “My husband has been in the Guards for 10 years and this is the first time I have ever felt like they cared about me and my family.” “All marriages/households would benefit from the skills presented during a PREP® weekend.” “I think it will make me a better listener for my spouse.” “It makes me proud to be a member of the Guard when I feel so taken care of.” “I feel more confident that I can survive conflict and challenges in my marriage.”



Learn the danger signs that can lead to marital discord and can eventually breakdown relationships. Discover how to express your concerns constructively and how to examine hidden issues and unspoken expectations that can erode a marriage.

***Marriage Enrichment
WORKSHOP: A Free Weekend
Away For Married Couples***

Strong Bonds



An Opportunity to Focus on Each Other!

Strong Bonds
(Formerly known as PREP®)

*The South Dakota National Guard Family Readiness Office and the State Chaplain's Office have teamed up to offer you a truly outstanding program known as **Strong Bonds**. Read on to learn more about this exciting opportunity and how to register!*